

Coordinated Specialty Care for First Episode Psychosis

In 2019, the Washington State Legislature passed [Second Substitute Senate Bill \(2SSB\) 5903](#), which requires the Health Care Authority (HCA) to submit a statewide plan, outlining the strategic implementation of Coordinated Specialty Care (CSC) programs first episode psychosis (FEP). The CSC for FEP program developed in Washington is called New Journeys. New Journeys provides outreach and intervention for transition-aged youth and young adults when first diagnosed with psychosis.

The work outlined in 2SSB 5903 is strategic and complex. It includes development of a case rate for CSC that includes billing both Medicaid and private insurance. National consultants will inform this work, and development of at least one CSC team in each regional service area by October 1, 2020, is underway.

The statewide plan vision is to have an adequate number of CSC teams, based on incidence and population, across Washington by December 31, 2023. This is so screening and early identification of psychosis among adolescents and young adults will become a universal health care practice, and evidence-based recovery interventions will be available to those who need them.

Below is a map of first established New Journeys sites across the state, including sites that launched in 2019.

Image 1: New Journeys sites



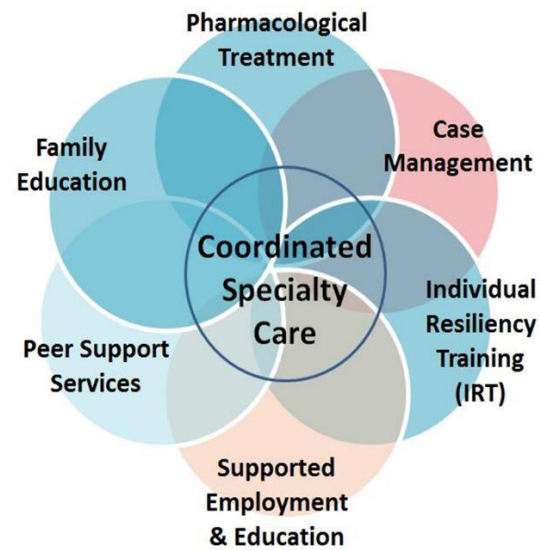
New Journeys

HCA continues to work with partners in the development of Washington's CSC treatment program for FEP called **New Journeys**. New Journeys provides outreach and intervention for transition-aged youth (>15), young adults and their families when first diagnosed with psychosis. Members of the New Journeys treatment team will travel to the home, school, or elsewhere in the community to provide assessment, screening, and therapy for people affected by first episode psychosis.

New Journeys is strength-based, meaning that treatment does not focus on the severity or persistence of psychiatric symptoms, but rather on how to help a person to get back on track with their life by using existing strengths of the youth and their support system. This may include help to return to school, start college, or seek employment. It may also mean helping a person achieve independent living or whatever goal they identify to experience a rewarding and meaningful life.

Below is an illustration of the services offered within New Journeys to help people accomplish these goals.

Image 2: New Journeys services



New Journeys staff work closely with individuals and their families to determine eligibility, including if that person would benefit from participating in New Journeys. Eligibility criteria is aligned with Medicaid and Substance Abuse and Mental Health Services Administration guidelines. If someone is not eligible, New Journeys staff work to identify and connect them to other services, so they can receive the help and support best suited to their needs. For more information about eligibility criteria and list of program sites, [visit the New Journeys website at www.newjourneyswashington.org](http://www.newjourneyswashington.org).

New Journeys First Episode Psychosis informed care			
Provider Type	Service	Seri Code	*Non Medicaid funded
Program Director/Family Education Specialist			
1.0 FTE Master's Level Licensed Mental Health Clinician/Clinical Supervisor Meets Requirements in WA Medicaid State Plan as a Mental Health Professional Provider Type	Team lead: Multi-disciplinary team meetings	No current SERI code	*Multi-disciplinary team meetings: usually all agency staff client not present TAY includes >21
	Community Education	No current SERI code	* Early identification Community Education
	Specialty screening & assessment (SCID)	H0023 Engagement +Outreach, not a Medicaid funded service	*Specialty recruitment, screening & assessment *Although in SERI, not a Medicaid funded service. This is funded by General Fund State or Block Grant dollars.
	New Journeys Intake – Mental health intake assessment	H0046 Mental Health Services Not Otherwise Specified- less than 10 min (opening an RFS), not Medicaid funded H0031 Mental health assessment, by non-physician 90791 Psych diag eval Medicaid funded	

	Family and/or natural support Psychoeducation/Psychotherapy (with or without client)	90846 Family Psychotherapy, w/o client 90847 Family Psychotherapy (conjoint psychotherapy), [varying lengths of time], w/ client present Both services are Medicaid reimbursable	
	Multi-family group Direct communication with client for purpose of engagement, clinical case management, etc.	90849 Multiple Family Group Psychotherapy, Medicaid funded service H0046 Mental Health Services Not Otherwise Specified- less than 10 min. Medicaid funded	*Excludes reminder calls, listening to voice mails, emails, etc.
	Misc. non billable activities	No SERI code	*assertive community outreach and searching activities. *Specialty training: SCID assessment *co therapy *Second staff for safety *Travel w/o client *Fidelity *Outcome analysis

Provider Type	Service	Seri Code	*Non Medicaid funded
Psychiatrist/Prescriber			
0.02 FTE MD, Psychiatrist, ARNP, Physician Assistant	Multi-disciplinary team meetings	No SERI code	*Specialty Care *Multi-disciplinary team meeting
	Diagnostic Evaluation, in office	90792 Psychiatric Evaluation, w/ Med Services Psychiatric Evaluation, Medicaid funded	
	<p>Medication Management</p> <p>Individualized medication treatment based on evidence for specific FEP population and client's preferences, goals, and values</p> <p>The prescribing and/or administering and reviewing of medications and their side effects. This service shall be rendered face-to-face, including via telemedicine, by a person licensed to perform such services. This service may be provided in consultation with collateral, primary therapists, and/or case managers, but includes only minimal psychotherapy.</p> <p>In office and/or in the community.</p>	<p>99212 Office or OP Visit for Evaluation & Management (Minor, 10 min)</p> <p>99213 Office or OP Visit for Evaluation & Management (Moderate, 15 mi)</p> <p>99214 Office or OP Visit for Evaluation & Management (Severe, 25min)</p> <p>99215 Office or OP Visit for Evaluation & Management (Severe, 40min)</p> <p>99349 Home Visit, E/M, LVL 3 Established, 40min</p> <p>99350 Home Visit, E/M, LVL 4 Established, 60min</p> <p>Medicaid funded service, SERI pages 48-51.</p>	* Collateral contacts, travel associated with home visits and telephone calls.

	Consultation, coordination with primary care Physician	?	
Nurse			
**Nurse Provider type is RN	Medication Management Taking and tracking vitals	99211 Office or OP Visit for Evaluation & Management (Minor, 5 min) 96372 Therapeutic, prophylactic or diagnostic injection H0033 Oral Medication Direct Observation Medicaid funded	
	Education	H0034 Med Monitor/Train/Supp 10+ Min. Medicaid funded 99211 Office or OP Visit for Evaluation & Management (Minor, 5 min) Medicaid funded	* Provide education about medications and side effects *Provide education about chronic disease risk factors and healthy lifestyle

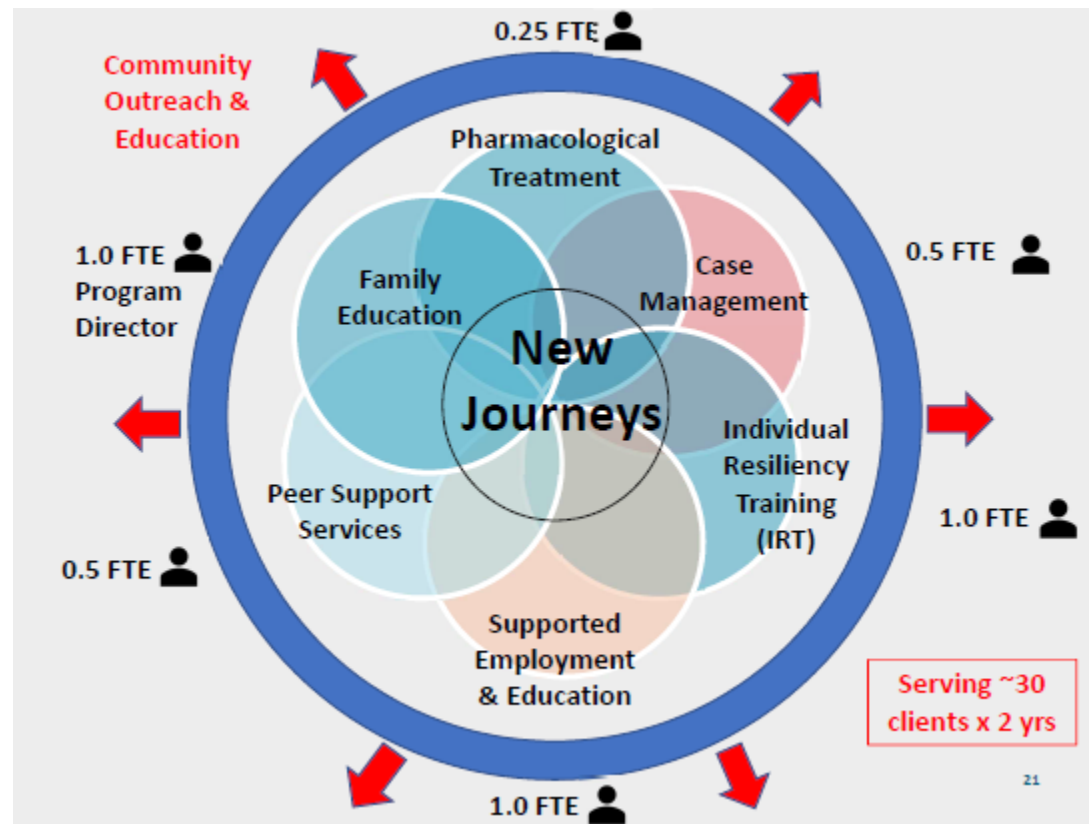
	Care coordination	No SERI code	*Facilitate collection and review of medical data for initial diagnostic assessment *Medical staff puts together a medication pack for a person and leaves it at the front desk with no face-to-face contact. *Calling in prescriptions, paperwork/approvals for insurance companies								
<table> <tr> <th>Provider Type</th><th>Service</th><th>Seri Code</th><th>*Non Medicaid funded</th></tr> <tr> <td colspan="4">Psychotherapist/ Individual Resiliency Therapist (IRT)</td></tr> </table>				Provider Type	Service	Seri Code	*Non Medicaid funded	Psychotherapist/ Individual Resiliency Therapist (IRT)			
Provider Type	Service	Seri Code	*Non Medicaid funded								
Psychotherapist/ Individual Resiliency Therapist (IRT)											
1.0 FTE Provider type meets Mental Health Professional in State Plan Master's Level Clinician	Individual Psychotherapy	90837 Psychotherapy Medicaid funded H0004 Behavioral Health Counseling & Therapy 10 min minimum Medicaid funded H0036 Community psych. Supportive Treatment, face to face, more than 10 minutes Medicaid funded									
	Intake assessment	H0031 Mental health assessment, by non-physician, Medicaid funded	Back up to team lead								

	Multi-disciplinary team meetings	No SERI code	*Multi-disciplinary team meeting
	Direct communication with client for purpose of engagement, clinical case management, etc.	H0046 Mental Health Services- NOS -Health & Safety Check less than 10 min Medicaid funded	*Excludes reminder calls, listening to voice mails, emails, etc.
	Group Psychotherapy	90853 Group Therapy (Not Multiple-Family), Medicaid funded	
	Misc. non billable activities	No SERI code	*assertive community outreach and searching activities. *Specialty training: utilizing evidence-based psychotherapeutic interventions such as CBT for psychosis, Individual Resiliency Training or Illness Management and Recovery, Motivational Interviewing, Harm Reduction, and Integrated Dual Disorder Treatment.*co therapy *second staff for safety *Travel w/o client *Fidelity *Outcome analysis
Provider Type	Service	Seri Code	*Non Medicaid funded
Supported Employment and Education (SEE)			

1.0 FTE Bachelor's or Master's level clinician Provider type: Mental Health Care Provider in the State Plan.	Support and skills development, as related to diagnosis and treatment plan....may support vocational/education and other recovery goals	H2015 Comprehensive Community Support Services Medicaid Funded H2014 Individual Skills Training (10+ Min) Medicaid Funded H0046 Mental Health Services- NOS -Health & Safety Check less than 10 min Medicaid funded	*Note – True Supported Employment activities are Medicaid billable only if under the Foundational Community Supports program. Medicaid will fund Individual Treatment modality – see SERI pages 33-39.
	Job development-IPS model?	NOT Medicaid Funded	State Only funding?
	Education and employment support to those who already attained school or employment.	H2025 Support maintaining employment NOT Medicaid Funded	FCS in “other MH services- not Medicaid reimbursable
	Multi-disciplinary team meetings	No SERI Code	*Multi-disciplinary team meeting
	Misc. non billable activities		*assertive community outreach and searching activities. *Specialty training *Majority of time spent out in the community *Non billable face to face including collateral contacts, travel associated with community based services, team meetings, and telephone calls. *Second Staff for safety

Provider Type	Service	Seri Code	*Non Medicaid funded
Case Manager			
0.5 FTE Provider type is Mental Health Care Provider in State Plan	Resource acquisition Transportation support and coordination Skill rehearsal	H2015 Comprehensive Community Support Services H2015GQ Community Support- Phone (10+ Min) H2014 Individual Skills Training (10+ Min) H2017 Psychosocial Rehab H0036 Community psych. Supportive Treatment, face to face, more than 10 minutes Medicaid funded	
	Skill groups	S9446 Group Therapy – Clt education Medicaid funded	
	Multi-disciplinary team meeting	No SERI Code	
	Misc. non billable activities	No SERI Code	*Care coordination *fidelity (Tracking program metrics) *assertive community outreach and searching activities. *Specialty training *Majority of time spent out in the community *Non billable face to face including collateral contacts, travel associated with community based services, team meetings, and telephone calls. *Second Staff for safety

Provider Type	Service	Seri Code	*Non Medicaid funded
Peer Support			
DBHR Credentialed 0.5 FTE	Peer services –Community based	H0038 Peer Support (10+Min) H0038GQ Peer Support-Phone H2015 Comprehensive Community Support Services H2014 Individual Skills Training (10+ Min) H2027 Psycho-ed (10+ Min) Medicaid funded	Only 4 hours per day
	Skill groups	S9446 Group Therapy – Clt Education Medicaid funded	Under therapeutic psychoeducation in SERI pg 70
	Multi-disciplinary team meetings	No SERI Code	*Multi-disciplinary team meeting
	Misc. non billable activities	No SERI Code	*Majority of time spent out in the community *Non billable face to face including collateral contacts, travel associated with community based services, team meetings, outreach, and telephone calls.
	? crisis intervention	** Future development	*Not reimbursed by typical office-based individual practitioner fee schedule rates





New Journeys Admission Criteria

Age Range	15-40 years old
Diagnoses	schizophrenia, schizoaffective disorder, schizophreniform disorder, brief psychotic disorder, delusional disorder, or other specified schizophrenia spectrum and other psychotic disorder
Duration of illness/ symptoms	Greater than or equal to (\geq) 1 week, Less than or equal to (\leq) 2 years
Exclusion Criteria	A current diagnosis of: <ul style="list-style-type: none">• Mood disorder with psychotic features• Pervasive developmental disorder and/or autism spectrum disorder• Psychotic disorder due to another medical condition• Substance/medication-induced psychotic disorder Documented IQ of less than 70

Discharge criteria

Program length <2 years

- Graduation process:
 - Maintenance phase eligibility
 - Indicate that they feel ready
 - Consistent 3-month score on the CAPE-P15 of 1.47 or below
 - Achieved the goals they set for themselves.
- During the maintenance phase services will be decreased for 3 months. If this phase goes well and the person still feels ready to graduate from the program, the site will connect them with outside providers. At this point the consumer is considered to have graduated from the program.

